

## Chapter 2: Culture and the Family

### Chapter 02\_LO01\_Q01

A 7-year-old client tells you that “Grandpa, Mommy, Daddy, and my brother live at my house.”

The nurse identifies this family type as:

1. Binuclear.
2. Extended.
3. Gay or lesbian.
4. Traditional.

Correct Answer: 2

Rationale:

1. A binuclear family includes the divorced parents, who have joint custody of their biologic children, who alternate spending varying amounts of time in the home of each parent.
2. An extended family contains a parent or a couple who share the house with their children and another adult relative.
3. A gay or lesbian family is composed of two same-sex domestic partners; they might or might not have children.
4. The traditional nuclear family consists of an employed provider parent, a homemaking parent, and the biologic children of this union.

Cognitive Level: Comprehension

Category of Client Need: Health Promotion and Maintenance

Nursing Process: Assessment

Learning Outcome: 2.1 Distinguish among several different types of families.

### Chapter 02\_LO01\_Q02

A nurse is performing a family assessment. A father and mother who work are considered what type of family?

1. A traditional nuclear family
2. A dual-career/dual-earner family
3. An extended family
4. An extended kin family

Correct Answer: 2

Rationale:

1. The traditional nuclear family is defined as a husband/provider, a wife who stays home, and children.
2. A dual-career/dual-earner family is characterized by both parents working, by either choice or necessity.
3. An extended family is defined as couples who share household and childrearing responsibilities with parents, siblings, or other relatives.
4. An extended kin family is a specific form of an extended family.

Cognitive Level: Assessment

Category of Client Need: Health Promotion and Maintenance

Nursing Process: Comprehension

Learning Outcome: 2.1 Distinguish among several different types of families.

Chapter 02\_LO02\_Q03

A nurse is comparing several different families' developmental stages. What serves as a marker for a family's developmental stage according to Duvall?

1. The youngest child's age
2. The mother's age
3. The oldest child's age
4. The father's age

Correct Answer: 3

Rationale:

1. The mother's age, the youngest child's age, and the father's age are not markers, according to Duvall.
2. The mother's age, the youngest child's age, and the father's age are not markers, according to Duvall.
3. The oldest child's age serves as a marker for the family's developmental stage, except in the last two stages, when children are no longer present.
4. The mother's age, the youngest child's age, and the father's age are not markers, according to Duvall.

Cognitive Level: Assessment

Category of Client Need: Health Promotion and Maintenance

Nursing Process: Analysis

Learning Outcome: 2.2 Identify the stages of a family life cycle.

Chapter 02\_LO03\_Q04

The nurse is caring for a postpartal client who is of Hmong descent and immigrated to the United States five years ago. The client asks for the regular hospital menu because she likes American food. The nurse assesses this response to be related to which of the following cultural concepts?

1. Acculturation
2. Ethnocentrism
3. Enculturation
4. Stereotyping

Correct Answer: 1

Rationale:

1. Acculturation (assimilation) is the correct assessment because she adapted to a new cultural norm in terms of food choices.
2. Ethnocentrism refers to a social identity that is associated with shared behaviors and patterns.
3. Enculturation is when culture is learned and passed on from generation to generation, and often happens when a group is isolated.
4. Stereotyping is assuming that all members of a group have the same characteristics.

Cognitive Level: Assessment

Category of Client Need: Health Promotion and Maintenance

Nursing Process: Application

Learning Outcome: 2.3 Identify prevalent cultural norms related to childbearing and childrearing.

Chapter 02\_LO03\_Q05

A home health nurse has set up a home visit with a Korean couple to follow up on their jaundiced 4-day-old baby, who was discharged home yesterday. Considering family power structure, what family members might the nurse expect to see in the home?

1. Just the parents
2. The grandmother
3. The grandfather and parents
4. The godparents

Correct Answer: 3

Rationale:

1. Asians traditionally revere their elders and their wisdom. Just the parents, the grandmother, or the godparents would not have the last word in decision making for this family.
2. Asians traditionally revere their elders and their wisdom. Just the parents, the grandmother, or the godparents would not have the last word in decision making for this family.
3. The grandfather is the family member who plays a key role in decision making and who is likely to be present in this situation. Asians traditionally revere their elders and their wisdom.
4. Asians traditionally revere their elders and their wisdom. Just the parents, the grandmother, or the godparents would not have the last word in decision making for this family.

Cognitive Level: Analysis

Category of Client Need: Health Promotion and Maintenance

Nursing Process: Implementation

Learning Outcome: 2.3 Identify prevalent cultural norms related to childbearing and childrearing.

#### Chapter 02\_LO04\_Q06

During the assessment, the nurse notices that a black baby has a darker, slightly bluish-hued patch about 5 cm by 7 cm on the buttocks and lower back. What is the nurse's next action?

1. Call the Department of Social Services (DSS) to report this sign of abuse.
2. Confer with the physician about the possibility of a bleeding tendency.
3. Ask the mother about the cause of the bruise.
4. Chart the presence of a Mongolian spot.

Correct Answer: 4

Rationale:

1. The nurse who calls the DSS to report this patch as a sign of abuse will reveal ignorance in culturally competent assessments and possibly provoke harassment of the family.

2. If choosing to confer with the physician, the nurse will reveal ignorance in culturally competent assessments.
3. Asking the mother about the cause of the bruise reveals cultural ignorance in a less damaging manner than does calling DSS.
4. The nurse will chart the presence of a Mongolian spot, such as is observed in races with dark skin tones.

Cognitive Level: Comprehension

Category of Client Need: Physiological Integrity

Nursing Process: Assessment

Learning Outcome: 2.4 Summarize the importance of cultural competency in providing nursing care.

#### Chapter 02\_LO04\_Q07

A woman of Korean descent has just given birth to a son. Her partner wishes to give her sips of hot broth from a thermos they brought with them. They have refused your offer of ice chips or other cold drinks for the client. The nurse should:

1. Explain to the client that she can have the broth if she will also drink cold water or juice.
2. Encourage the partner to feed the client sips of their broth. Ask if the client would like you to bring her some warm water to drink as well.
3. Explain to the couple that food can't be brought from home, but that the nurse will make hot broth for them.
4. Encourage the client to have the broth, after the nurse takes it to the kitchen and boils it first.

Correct Answer: 2

Rationale:

1. Explaining to the client that she can have broth if she will drink cold water or juice first does not show cultural sensitivity and does not respect the client's beliefs.
2. Encouraging the partner to feed the client sips of their broth and asking if the client would like you to bring her some warm water to drink are approaches that show cultural sensitivity. The equilibrium model of health, based on the concept of balance between light and dark, heat and cold, is the foundation for this belief and practice.

3. Explaining to the couple that food can't be brought from home but that you will make hot broth for them is an incorrect response.

4. Encouraging the client to have broth after you take it to the kitchen and boil it first is an incorrect response.

Cognitive Level: Application

Category of Client Need: Health Promotion and Maintenance

Nursing Process: Implementation

Learning Outcome: 2.4 Summarize the importance of cultural competency in providing nursing care.

#### Chapter 02\_LO05\_Q08

The nurse is working with a child newly enrolled into an English-as-a-second-language class.

The nurse wants to teach the child about the importance of handwashing before meals and of not eating food dropped on the exam room floor. The best way to assimilate the nurse's cultural values about hygienic nutrition is to:

1. Have the nurse model proper handwashing before examining the child and throw out the dropped cookie.
2. Provide written materials in English about hygiene and diet for the client to take home.
3. Have the child repeat his interpretation of the information that was taught.
4. Schedule a medical interpreter to accompany the client to his next visit.

Correct Answer: 3

Rationale:

1. Assimilation is described as adopting and incorporating traits of the new culture within one's practices. Information must be understood before it is assimilated. The purpose of modeled behavior might be misunderstood if it is not accompanied by an explanation.

2. Written materials in English hold minimal value for clients with limited understanding.

3. When an interpreter is not available, asking the client to repeat her understanding of what was taught reveals how concepts were understood.

4. In working with families with limited English proficiency, it is optimal to have a medical interpreter present for the entire visit. When teaching has been done, the nurse has a responsibility to assess client understanding; thus, an interpreter at the next visit will not help the

nurse or the client now.

Cognitive Level: Analysis

Category of Client Need: Health Promotion and Maintenance

Nursing Process: Implementation

Learning Outcome: 2.5 Discuss the use of a cultural assessment tool as a means of providing culturally sensitive care.

#### Chapter 02\_LO05\_Q09

The charge nurse is reviewing the care plans written by the unit's staff nurses. The charge nurse recognizes that the NANDA nursing diagnosis most likely to be construed as culturally biased and possibly offensive is:

1. Fear related to separation from support system during hospitalization.
2. Spiritual Distress related to discrepancy between beliefs and prescribed treatment.
3. Interrupted Family Processes related to a shift in family roles secondary to demands of illness.
4. Noncompliance related to impaired verbal communication secondary to recent immigration from non-English-speaking area.

Correct Answer: 4

Rationale:

1. This option seeks to explain how the culturally sensitive nurse can partner with the families more effectively.
2. This option seeks to explain how the culturally sensitive nurse can partner with the families more effectively.
3. This option seeks to explain how the culturally sensitive nurse can partner with the families more effectively.
4. The phrase "impaired verbal communication" might be offensive because speaking a different language is not equivalent to being impaired, and noncompliance does not stem from misunderstanding.

Cognitive Level: Analysis

Category of Client Need: Psychosocial Integrity

Nursing Process: Diagnosis

Learning Outcome: 2.5 Discuss the use of a cultural assessment tool as a means of providing culturally sensitive care.

#### Chapter 02\_LO05\_Q10

A nurse is working in a clinic where children from several cultures are seen. As a first step toward the goal of personal cultural competence, the nurse will:

1. Enhance cultural skills.
2. Gain cultural awareness.
3. Seek cultural encounters.
4. Acquire cultural knowledge.

Correct Answer: 2

Rationale:

1. Ways to enhance cultural skill include learning a prevalent language or learning how to recognize health-manifesting skin color variations in different races.
2. Campinha-Bacote's theory of cultural competence sees the health care professional in a state of ever-increasing cultural competence. One begins by gaining cultural awareness or by gaining an effective and cognitive self-awareness of personal worldview biases, beliefs, etc.
3. During daily interactions with clients from diverse backgrounds, these cultural encounters allow the nurse to appreciate the uniqueness of individuals from varying backgrounds.
4. Another early step, although not the first step, is acquiring cultural knowledge, and includes studying information about the beliefs, biological variations, and favored treatments of specific cultural groups.

Cognitive Level: Application

Category of Client Need: Psychosocial Integrity

Nursing Process: Planning

Learning Outcome: 2.5 Discuss the use of a cultural assessment tool as a means of providing culturally sensitive care.

#### Chapter 02\_LO06\_Q11

The nurse is working with a child whose religious beliefs differ from those of the general population. The best nursing intervention to use to meet the specific spiritual needs of this child

and family is to:

1. Ask “How do the child’s and family’s religious/spiritual beliefs impact their practices for health and illness?”
2. Show respect while allowing time and privacy for religious rituals.
3. Ask “What do you think caused the child’s illness?”
4. Identify health care practices forbidden by religious or spiritual beliefs.

Correct Answer: 2

Rationale:

1. This may be part of the spiritual assessment process.
2. Showing respect while allowing time and privacy for religious rituals is an intervention.
3. This may be part of the spiritual assessment process.
4. This may be part of the spiritual assessment process.

Cognitive Level: Application

Category of Client Need: Psychosocial Integrity

Nursing Process: Implementation

Learning Outcome: 2.6 Identify key considerations in providing spiritually sensitive care.

Chapter 02\_LO07\_Q12

The dramatic increase in complementary and alternative therapies that began in the final decade of the twentieth century probably was the result of which of the following factors? Select all that apply.

1. The advent of the Internet
2. The use of traditional Western medicine for treatment
3. Increased consumer awareness of the limitations of conventional medicine
4. Increased international travel
5. Increased media attention

Correct Answers: 1; 3; 4; 5

Rationale:

1. The advent of the Internet, along with increased consumer awareness of the limitations of the current conventional medicine and increased international travel, has received increased media attention.

2. The use of traditional Western medicine for treatment often has stopped the use of complementary therapies and forced clients to hide the fact they use them from their health care providers.
3. The advent of the Internet, along with increased consumer awareness of the limitations of the current conventional medicine and increased international travel, has received increased media attention.
4. The advent of the Internet, along with increased consumer awareness of the limitations of the current conventional medicine and increased international travel, has received increased media attention.
5. The advent of the Internet, along with increased consumer awareness of the limitations of the current conventional medicine and increased international travel, has received increased media attention.

Cognitive Level: Application

Category of Client Need: Health Promotion and Maintenance

Nursing Process: Assessment

Learning Outcome: 2.7 Distinguish between *complementary* and *alternative therapies*.

#### Chapter 02\_LO08\_Q13

Complementary and alternative therapies have many benefits for the childbearing family and others. However, many of these remedies have associated risks. Which of the following situations would be considered a risk? Select all that apply.

1. Getting a massage from a licensed massage therapist for back pain, prescribed by the primary caregiver
2. Trying out a homeopathic medicine from a friend to reduce swelling in the legs
3. Getting a chiropractic treatment for lower back pain due to discomforts of pregnancy without telling the primary health care provider
4. Taking an herbal preparation suggested by a health food store worker for treatment of leg pain
5. Joining a group that practices tai chi weekly to help with physical fitness and movement

Correct Answers: 1; 5

Rationale:

1. Getting a massage from a licensed massage therapist for back pain and prescribed by the primary caregiver is a perfectly good use of complementary therapies.
2. Lack of standardization, lack of regulation and research to substantiate their safety and effectiveness, and inadequate training and certification of some healers make some therapies risky. Trying out a homeopathic medicine from a friend to reduce swelling in your legs is a risk factor when considering these therapies.
3. Lack of standardization, lack of regulation and research to substantiate their safety and effectiveness, and inadequate training and certification of some healers make some therapies risky. Getting a chiropractic treatment for lower back pain due to discomforts of pregnancy without telling the primary health care provider is a risk factor when considering these therapies.
4. Lack of standardization, lack of regulation and research to substantiate their safety and effectiveness, and inadequate training and certification of some healers make some therapies risky. Taking an herbal preparation suggested by a health food store worker for treatment of leg pain is a risk factor when considering these therapies.
5. Joining a group that practices tai chi weekly to help with physical fitness and movement is a perfectly good use of complementary therapies.

Cognitive Level: Application

Category of Client Need: Safe, Effective Care Environment

Nursing Process: Assessment

Learning Outcome: 2.8 Identify the benefits and risks of complementary and alternative therapies.

#### Chapter 02\_LO09\_Q14

A pregnant client is interested in the use of herbs during her pregnancy. There are basic principles the nurse should follow in advising the client. Which of the following would not be considered a basic principle?

1. Avoid the use of any herbs during the first trimester.
2. Avoid highly concentrated extracts of herbs.
3. Avoid the use of any herbs throughout pregnancy.
4. Consult with your health care provider before taking any herbs, even as teas.

Correct Answer: 3

Rationale:

1. Avoiding the use of any herbs during the first trimester, avoiding the use of highly concentrated extracts of herbs, and consulting with a health care provider before taking any herbs, even as teas, are the basic principles.
2. Avoiding the use of any herbs during the first trimester, avoiding the use of highly concentrated extracts of herbs, and consulting with a health care provider before taking any herbs, even as teas, are the basic principles.
3. Avoiding the use of any herbs throughout pregnancy is not necessary. Many herbal preparations can be used after the first trimester if the basic principles found in the other answers are followed.
4. Avoiding the use of any herbs during the first trimester, avoiding the use of highly concentrated extracts of herbs, and consulting with a health care provider before taking any herbs, even as teas, are the basic principles.

Cognitive Level: Application

Category of Client Need: Safe, Effective Care Environment

Nursing Process: Planning

Learning Outcome: 2.9 Discuss complementary therapies appropriate for the nurse to use with childbearing and childrearing families.

Chapter 02\_LO09\_Q15

A nurse is reviewing research related to use of complementary and alternative therapies medicine. The nurse discovers that the people most likely to use complementary and alternative therapies medicine are:

1. Affluent middle-aged men.
2. Affluent middle-aged women.
3. Elderly women who are middle-class.
4. Women in their twenties who are middle-class.

Correct Answer: 2

Rationale:

1. Middle-aged men who are affluent use complementary therapies less than affluent middle-aged women do. Eighty percent of all people who do use them also use conventional medicine.

2. Research suggests that middle-aged women who are affluent use complementary medicine most often. Eighty percent of all people who do use them also use conventional medicine.
3. Elderly women who are middle-class use complementary therapies less than affluent middle-aged women do. Eighty percent of all people who do use them also use conventional medicine.
4. Women in their twenties who are middle-class use complementary therapies less than affluent middle-aged women do. Eighty percent of all people who do use them also use conventional medicine.

Cognitive Level: Knowledge

Category of Client Need: Safe, Effective Care Environment

Nursing Process: Assessment

Learning Outcome: 2.9 Discuss complementary therapies appropriate for the nurse to use with childbearing and childrearing families.